

## **Formation of University students' healthy lifestyle**

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### **Abstract**

© Author(s). Healthy living is one of the most important issues of modern education, especially for students of pedagogical specialties. The article discusses the need for this process, its appropriateness, the study of the problem in psychological and pedagogical literature and presents the results of the pedagogical experiment. The authors reveal the main components of health: physical, psychological and behavioral; motivational aspects and psycho-pedagogical conditions of students' healthy lifestyle formation. Experimental work was organized at the Institute of Psychology and Education of Kazan (Volga Region) Federal University. The pedagogical experiment has proved the rationale of the hypothesis and theoretical thesis for the implementation of proposed pedagogical conditions of University students' healthy lifestyle formation.

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### **Keywords**

Avoiding harmful habits, General hygiene of the body, Hardening, Health, Healthy lifestyle, Methods and forms of a healthy lifestyle, Physical activity, The basic components of a healthy lifestyle: a balanced diet